

Agenda

Agency Wellness Champions Team Meeting #62 Wednesday, September 3, 2014 2:30-4:00 pm

Where

In Person:

Centennial Building

Ladyslipper Room, Ground floor
658 Cedar St
St. Paul, Minnesota 55155

From offsite via Ready Talk:

Please see email sent to you from
Ready Talk for how to participate via
phone and web

*There are 3 MetroTransit routes, including the **new green line**, serving the Centennial Building.
There are bike racks in front and back. Parking requires 9 quarters for 90 minutes. **Walk or
Carpool:** create time with a coworker or time to yourself*

No need to check in with security. Entering from Cedar St., walk down stairs and turn left.

Item

Presenter

Notes

2:30 Welcome, Intros

Linda Feltes

Volunteer note taker:

2:35 Stand & Move: the SAM Study

Mark Pereira

3:35 Energy Break

Cindy Schneider

3:40 Action Steps to Implement SAM

Linda Feltes

3:55 Next Meeting

Date: Sep 30

Location: 658 Cedar

Topic: StayWell health
coach

Sep 8-14 is 40th Annual National
Suicide Prevention Week

Sep 11 is Day of Service and
Remembrance